

WEEKLY ACTIVIITES

MONDAY

- Weights Exercise 8:45 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Line Dancing 3:45 pm

TUESDAY

- Quilting 8:30 am
- Bridge 9 am
- Pinochle 12 pm
- Mah-Jong 12:30 pm
- Hand/Foot 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:45 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Golden Singers 10 am
- Bunco 10 am
- Bingo, Pinochle, Hand/Foot 12 pm

THURSDAY

- Quilting 8:30 am
- Bridge 9 am
- Crafts 9 am
- Food Box/ Bread Distribution 10 am
- Bowling at Kyrene Lanes (\$6) 12:30 pm
- Euchre 1 pm

FRIDAY

- Weights Exercise 8:45 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Volleyball 10 am
- Bingo, Bridge 12 pm

MONDAY-FRIDAY ACTIVITES

- Coffee 8 am
- Computer Lab 8 am-5 pm
(excluding class times)
- Pool table 8 am-5 pm
(excluding exercise time and cards)
- Lunch 11:30 am
(reservations required)